

PMH Simulation Reflection

Please reflect on your experiences in simulation this week and reply to each item below. You may add anything else you wish. Submissions should be a **minimum** of 300 words total.

- Describe your feelings about your participation in the simulations this week.
 - I really enjoyed simulation this week and I learned a lot through the scenarios. I loved the environment of learning because it was relaxed, supportive, and non-judgmental. Switching between the different roles with each scenario was nice because it allowed each of us to have a well-rounded experience. I greatly appreciated the pre-brief as well because it instilled confidence in us and enabled us to provide the best care possible.
- How did it go compared to what you expected it to be like?
 - Going in, I was honestly expecting difficult patients who need a lot of attention. While this was true to some extent, I found the patients to be easier to handle and care for than I was expecting. They never felt overwhelming or out of control and this made it feel very realistic. From this experience, I have worked through a lot of bias and feel as though I can confidently meet the needs of the psych patients I may encounter in the future. I don't mean this to say that I didn't see them as real people before, but this experience really humanized the illnesses we read about in textbooks.
- What went well?
 - I would say the best part of this experience was gaining a better idea of how to communicate therapeutically. We were given so many resources in simulation that helped us to communicate in an effective and compassionate manner to our patients. In those situations where I have no clue what to say to a patient, I have a better idea now of how to deescalate and move forward.
- What could have gone better?
 - Aside from paying more attention to my therapeutic communication, I don't think there is anything that could have gone better. The scenarios were set up and run in a way that was conducive to our learning and there is nothing I would change about that.
- Reflect on the scenario in which you were in the role of the patient or family member. How did that experience affect you?
 - I think that playing the role of a patient with borderline personality disorder really helped me to sympathize and see their perspective on what it's like to live with the illness. It's so easy to know the textbook symptoms of mental illness and treat your patient according to that, but this experience helped me to dig deeper into other factors such as triggers and environment.
- How will you use the knowledge gained from this week in simulation in your practice as a registered nurse?
 - I think it all comes down to seeing the person in the bed and not the illness. Moving forward, when I encounter patients with mental illnesses, I hope to be able to better meet their emotional needs and provide a safe place for them to get help.